

Adult Sedation Pre-Procedural Instructions

Pre-Procedure

- **DO NOT** eat or drink anything for **at least 8 hours** prior to your procedure. Your stomach should be empty to avoid vomiting and aspirating while under anesthesia
- **DO NOT** chew gum, chew tobacco, or suck on candy, as this can increase stomach acid fluid and therefore increase risk of aspiration under anesthesia.
- For your own safety, the procedure will be delayed or cancelled if these instructions are not followed as written.
- **MEDICATIONS:**
Please take your prescription medications with a small sip of water. Do not take your diabetic medications the morning of your procedure unless otherwise instructed by your anesthesia provider.

Post-Procedure

- Please make arrangements for a responsible adult to take you home after your procedure and stay with you the rest of the day.
- You should not drive, operate machinery, or make any important decisions for at least 24 hours after your procedure.
- If you have any questions regarding the anesthesia, please call 832-303-0075



TEXAS ELITE
ANESTHESIA

THE ART OF ANESTHESIA AT ITS BEST